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CACFP Award Program

Apply Now and Get Recognized for Creating Healthier Environments!



*Providing children the
“tools” for good nutrition*

The Indiana Department of Education is offering award to child care facilities on the CACFP for serving healthier menus and implementing healthy practices.

Sign up for one of our upcoming webinars to learn more...

- Thursday July 19, 10-11:30
- Tuesday August 7, 2-3:30

To register for a webinar or to learn more about the award program, visit our website:

www.doe.in.gov/cacfp

Why Apply?

- To improve children's diets and bring program meals in line with USDA nutritional guidelines;
- To promote your facility to parents by demonstrating that you care about children's health;
- To be recognized by receiving:
 - A certificate of achievement;
 - A parent letter to share your success with parents of the children in your care;
 - A press release template to assist you in promoting your award to your local media;
 - Signage to display your achievement at your facility.
 - And more!

For assistance or questions regarding the CACFP award program contact Angie Frost at: afrost@doe.in.gov or Heather Stinson at hstinson@doe.in.gov.

“To eat is a
necessity,
but to eat
intelligently
is an art.”

~ La Rochefoucauld



Karen Edwards
CACFP Field Specialist

Mandatory Budget Training

To participate, you will need a computer with internet connection for the video portion and a phone line for the audio portion. You will participate in the WebEx's from your home or office (online). The Independent Centers' WebEx is for an independent center (one center), and the Sponsor of Centers' WebEx is for sponsors of affiliated centers.

To participate, register for one of the following by clicking on the date:

Independent Centers

Wednesday, July 11, 2012	2:00 – 3:30 p.m.
Wednesday, July 18, 2012	2:00 – 3:30 p.m.
Thursday, July 19, 2012	2:00 – 3:30 p.m.
Thursday, August 16, 2012	10:00 – 11:30 a.m.
Wednesday, August 29, 2012	2:00 – 3:30 p.m.

Sponsors of Centers

Thursday, July 12, 2012	10:00 – 11:30 a.m.
Wednesday, August 15, 2012	2:00 – 3:30 p.m.
Thursday, August 23, 2012	10:00 – 11:30 p.m.

Staff Spotlight: Karen Edwards

I attended Franklin College and Purdue University receiving both a BA and MA in education. I started working with School and Community Nutrition Programs in March of 1995. I was surprised to find such differences in the sites I visited. Each one is unique which makes everyday different. I get to visit parts of Indiana that are great hidden areas of beauty and find little towns along the way with unique names.

The CACFP team is the best in the division. I am so grateful to work with a team that can always take time to have a laugh and enjoy each other's company. Some lifetime friendships have been made through this job.

I have three children who have blessed

me (so far!) with four grandchildren-two girls, ages 7&8 and two boys, ages 6&9. I like to spend my free time scrapbooking their pictures and traveling (good thing with this job!). I am proud to have seen all three of my children graduate from college and marry. The big trip this year for me will be to Las Vegas to attend my son's wedding. After that, I can sit back and relax knowing that I made it to being an empty nester! Sometime in the future I hope to travel the old Route 66 from Chicago to LA and visit a cousin in Alaska. Both should help to cross off my "bucket list" of visiting all 50 states.

Feel free to contact Karen at kedwards@doe.in.gov

Please Welcome Our New Sponsors!

• Top Child Development Ministry	Indianapolis	Barbara Golder
• Starz Academy 4	Osceola	Jessica Baldini
• Sullivan First Baptist Church	Sullivan	Taryn Summers
• DeBerry's Christian Day Care	South Bend	Tracy Maefield
• Peru Community Schools	Peru	Terry Fuller
• South Bend Community Schools	South Bend	Lori Weldy
• The Healing Place	Indianapolis	William Rush
• Iglesia Ebenezer	Indianapolis	Felicia Smith
• MSD of Warren Township	Indianapolis	Dani Brooks
• Joshua Academy Charter School	Evansville	Carla Cobb



Events Calendar

July 4	State Agency Offices <u>closed</u>	
July 11	Financial Training WebEx- Independent Centers	2:00-3:30 pm
July 12	Financial Training WebEx- Center Sponsors	10:00-11:30 am
July 18	New Sponsor Webinar	10-11:30 am
July 18	Financial Training WebEx- Independent Centers	2:00-3:30 pm
July 19	CACFP Award Program Webinar	10 am
July 19	Financial Training WebEx- Independent Centers	2:00-3:30 pm
July 25-26	FDC Sponsor/Unaffiliated Center Sponsor Annual Training (IGCS, Conference Room C)	9 am – 4 pm
August 7	CACFP Award Program Webinar	2 pm
August 15	Financial Training WebEx- Center Sponsors	2:00-3:30 pm
August 16	Financial Training WebEx- Independent Centers	10:00-11:30 pm
August 21	CACFP Refresher Workshop(151 West Ohio Street)	9 am – 4 pm
August 23	Financial Training WebEx- Center Sponsors	10:00 – 11:30 am
August 29	Financial Training WebEx- Independent Centers	2:00-3:30 pm
September 3	State Agency Offices <u>closed</u>	
September 25	New Sponsor Training(151 West Ohio Street)	9 am -2 pm

Did You Know... About Our Online Resources?

USDA has issued new prototype Applications for Free and Reduced Price Meals, Directions, and Household/Parent letters. These have been adapted for use in Indiana and are located in the Free & Reduced Price Information Section of the CACFP web page. **These documents will be required effective July 1, 2011.** Notice the Applications for Free and Reduced Price Meals contains the income guidelines. This will be the document that will be updated every year. The parent/household letters may not require revisions.

Visit www.doe.in.gov/food/childadults to learn more.

Mark your Calendars—CACFP renewal for fiscal year 2013 will be ready by July 16, 2012

The CNPweb® will be ready for Program renewal for fiscal year 2013 (October 1, 2012 to September 30, 2013) no later than July 16, 2012. When you are able to choose fy 2013 as the Program year in the CNPweb®, you will know that you can begin completing on line forms. **Materials are due September 4, 2012.**

NOTE THESE CHANGES:

- There will be on line budgets in the CNPweb® on line form section. Sponsors will submit the worksheets, but the budget summary will be entered on line. EVERY agency will submit a budget for 2013.
- Any forms that your agency uses that have not been developed by the State Agency, must be submitted for approval, even if the form has been approved in prior years. State Agency forms that you have changed from word documents to excel documents do not require State Agency approval.
- The Annual Nonprofit Status Report will be changed to the Annual Financial Report (AFR). Data will now be collected based on the CACFP fiscal year. This means you will report income and expenses for the period October 1 to September 30.

PROGRAM AGREEMENT

In Fiscal Year 2009, the Child Nutrition Programs in Indiana began using the CNP Agreement. This is a permanent document.

Renewing organizations will receive a program approval letter for FY 2013 which you should maintain with your original CNP Agreement in your permanent records.

ANNUAL INFORMATION CERTIFICATION

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, modifies the requirements for the periodic submission of renewal applications by institutions participating in CACFP. Section 331 of the Act stipulates that institutions will no longer be required to re-apply after submitting the initial application, except for the following items that must be submitted annually:

- Current License or Certificate of Registration for each independent and sponsored facility (does not apply to family day care homes). Child Care Centers that are not licensed or registered will submit an Alternate Approval Form.
- A single certification (Annual Information Certification) will be required from each renewing organization. This form certifies that any information previously submitted to the States Agency has not changed, or that the institution has submitted any changes or updates to the State Agency. This includes current principals, board members, changes in staff, changes to management plans, etc.
- All organizations will be required to submit annual budgets for fy 2013. Details in mandatory training.
- Media Release (both pages), For-Profit Certification, Listing of Federal Grants Received, and the A-133 Audit Planning Certification, Vending Contracts are still required annually.
- It is your responsibility to insure that addresses, license information, and contact information are always current; **especially important is the sponsor email address.** Our office will be using this to send information to you on occasion, so it must always be current if you want to be up to date.

FREE AND REDUCED-PRICE INFORMATION

All the Free and Reduced-price forms and letters have been posted to our web site under 'Child and Adult Care Food Program', then **Free and Reduced-Price Information** where they can easily be downloaded as Microsoft Word documents. Remember: you must use the prototype forms found on our website as we have developed them. Minor revisions such as putting the document on your letterhead do not require State Agency approval. Organization must use the most current forms for fiscal year 2013.

RECORD KEEPING FORMS

If your organization uses any record keeping forms that have not been developed by the Indiana Department of Education, you must submit them with your contract renewal materials for fy 2013. Even if your forms have been approved, we are asking everyone to re-submit for re-evaluation by current CACFP staff. Record keeping forms that are simply put on organization letterhead, or Word documents that have been transferred to Excel do not have to be submitted. You may contact your CACFP Specialist if you have questions regarding this requirement.

Additional information will be sent via email to each CACFP contact person listed in the CNPweb® Sponsor Information Sheet. There are regulatory deadlines to meet in order to ensure prompt reimbursement for fy 2013. Don't risk loss of payment by not completing contract renewal.



HOW SAFE IS YOUR KITCHEN?

Tips to Keep Kitchen Sponges, Cloths and Surfaces Safe

Handwashing may be rule No. 1 when it comes to preventing food poisoning – but, if kitchen tools and surfaces aren't clean, too, they can spread germs just as easily as your hands.

According to a new survey conducted by the Academy of Nutrition and Dietetics and the ConAgra Foods Foundation, dishcloths and sponges are the cleaning tools of choice for most Americans. But, when it comes to keeping kitchen tools clean, most of us are still a little “wet behind the ears.”

Follow these tips from the Academy of Nutrition and Dietetics and the ConAgra Foods Foundation...

- **Sanitize your sponges.** When it comes to cleaning sponges, many of us (40 percent) just rinse them with water – a method not sufficient to remove harmful bacteria that may be lurking inside. Remember to pay close attention to what the sponge was used to wipe up. For instance, if it was a drip from raw meat, it's necessary to clean the sponge *before* using it a second time around. To keep sponges safe, make sure they are cleaned properly. Choose one of the following methods to keep them from contaminating the surfaces you are trying to clean:
 - **Let the machine do the washing.** Wash your sponges frequently by throwing them in the HOT cycle of your washing machine or in the dishwasher.
 - **Use a simple solution.** Sanitize sponges in a chlorine bleach solution using one teaspoon of bleach added to one quart of water – then rinse thoroughly before using again. *Note, a new bleach solution should be made fresh for each use – once diluted, bleach breaks down quickly.*
- **Know when to call it quits.** Nearly one in four of us (21 percent) keep sponges until they look dirty or smell bad, while 17 percent wait until sponges fall apart before throwing them out. Another 18 percent say they typically keep their sponges for three to four weeks, while a few (8 percent) keep them a month or longer. A damp, smelly dishtowel/cloth or sponge is a sure sign that unsafe bacteria are inside. Replace worn sponges frequently—don't wait until they're falling apart to get a new one.
- **Start a new cycle.** While the majority of us (61 percent) clean our dishtowels and cloths in the washing machine – make sure you are selecting the proper cycle. Bacteria live and grow in damp, warm conditions, so wash dishtowels and dishcloths frequently in the HOT cycle of your washing machine and dry thoroughly on a high setting.
- **Diversify.** Try using separate dishtowels/cloths for different tasks: one for drying *clean* hands and one for wiping off the counter. Different colored towels can help keep them straight, i.e., blue for hands, green for the counter. Also remember to frequently clean all kitchen surfaces, including appliances, countertops, refrigerator doors and handles with hot, soapy water.

Adapted information from www.homefoodsafety.org

Original source: Academy of Nutrition and Dietetics/ConAgra Foods Foundation survey conducted by Impulse Research, July 2004.

Chili Bean Dip and Carrot Sticks

Ingredients:

1 cup kidney or pinto beans, cooked
1 teaspoon vinegar or lemon juice
1/2 teaspoon chili powder
1/2 teaspoon cumin
1 teaspoon onion, diced
1 pound carrot sticks

Directions:

1. Place beans in a bowl, and mash with a potato masher or fork
2. Add lemon juice or vinegar and spices and mix well
3. Serve 2 Tablespoons of dip with 1/2 cup carrot sticks per child

Equipment:

Mixing bowl
Measuring cups and spoons
Potato masher or fork

Source: Texas Department of Agriculture, Food and Nutrition Division
Snacks That Count, RECIPES FOR NUTRITIOUS SNACKS

Serves 8
1/2 meat/meat alternate
1/2 cup vegetables/



Bring Power Panther™ to Your Next Event!

The Eat Smart. Play Hard.™ Campaign, promotes and encourages healthy eating and physical activity behaviors in children, families, and communities. Power Panther™ is the spokescharacter for the Campaign.

The Power Panther™ costume is now available to CACFP Sponsors to check out from the Indiana Department of Education. Sponsors are encouraged to use the costume with Eat Smart. Play Hard.™ materials to motivate kids and parents to improve their eating and physical activity behaviors.

For more information about the Power Panther™ costume, contact Heather Stinson at hstinson@doe.in.gov.

School and Community Nutrition

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Phone: 1-800-537-1142
Fax: 317-232-0855

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Inquires regarding compliance by the Indiana Department of Education with Title IX and other civil rights laws may be directed to the Human Resources Director, Indiana Department of Education, 151 West Ohio Street, Indianapolis, IN 46204, or by telephone to 317-232-6610, or the Director of the Office for Civil Rights, U.S. Department of Education, 111 North Canal Street, Suite 1053, Chicago, IL 60606-7204

-Dr. Tony Bennett, State Superintendent of Public Instruction.